

In the Claims:

1. (Currently Amended) ~~The broad~~ A method of presenting audible and visual cues to a human for synchronizing ~~[[the]]~~ a breathing cycle with an external timing reference for purposes of synchronizing ~~[[the]]~~ a heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle, comprising:

a) ~~The broad method of using audible indicators to communicate~~
generating a human perceptible indication to identify inhalation phases and exhalation phases of the breathing cycle, changes [[of]] between said inhalation and exhalation phases, progression of said inhalation and exhalation phases in time, and progression of said inhalation phases and exhalation phases relative to the internal perception of the practitioner a period for a combination of the inhalation phases and exhalation phases having a center frequency of approximately 11.76 seconds, wherein the period having the center frequency of approximately 11.76 seconds represents a nominal heart rate variability cycle;[[.]]

b) instructing the human to align the breathing cycle with the generated human perceptible indication to synchronize the breathing cycle with the heart rate variability cycle to achieve coherence of the heart rate variability cycle

~~The broad method of using visual indicators to communicate inhalation and exhalation phases of breathing, changes of said phases, progression of said phases in time, and progression of said phases relative to the internal perception of the practitioner.~~

2. (Currently Amended) The ~~[[broad]]~~ method of claim 1 wherein generating a human perceptible indication comprises generating an audible indicator by adjusting a musical tempo associated with a music score and a musical interval optimized for purposes of incorporating breathing cues the audible indicator into [[a]] the music score for purposes of synchronizing the heart rate variability cycle with the breathing cycle for purposes of achieving coherence of the heart rate variability cycle.

3. (Cancelled)

4. (Currently Amended) The ~~specific~~ method of claim ~~[[1a]] 1~~ wherein generating a human perceptible indication comprises generating an audible indicator including at least one of an audible pulse, tone, chirp, chime, or tick of short duration ~~is employed~~ to signal a change of the breathing cycle from at least one of the inhalation phases to the exhalation phases ~~or from and the exhalation phases to the inhalation phases~~.

5. (Currently Amended) The ~~specific~~ method of claim ~~[[1a]] 1~~ wherein generating a human perceptible indication comprises generating an audible indicator including an audible signal with a rapid attack and gradual decay ~~is employed~~ to communicate both change of phase between the inhalation phases and the exhalation phases of the breathing cycle and the progression of the phases in time within the breathing interval.

6. (Currently Amended) The ~~specific~~ method of claim ~~[[1a]] 1~~ wherein generating a human perceptible indication comprises generating an audible indicator including an audible signal consisting of including a frequency modulated tone ~~is employed~~ to identify the inhalation phases and the exhalation phases, indicate the change of the [[phase]] phases of the breathing cycle, phase of breathing cycle, progression of phases in time within the breathing cycle, and progression of the inhalation phases and exhalation phases [[phase]] relative to the period having the center frequency of approximately 11.76 seconds ~~internal perception of the practitioner~~.

7. (Currently Amended) The ~~specific~~ method of claim ~~[[1a]] 1~~ wherein generating a human perceptible indication comprises generating an audible indicator including an audible signal consisting of musical notes C, D, E, F, G, A, and B ~~are played~~ playing sequentially within the ~~[[5.9]] period having the center frequency of approximately 11.76 second interval seconds~~, C to B denoting inhalation during the inhalation phases and B to C denoting exhalation during the exhalation phases, each note with a ~~[[period]] duration of approximately 0.84 [[.84]] seconds~~.

8. (Currently Amended) The ~~specific~~ method of claim ~~[[1a]] 1~~ wherein generating a human perceptible indication comprises generating an audible indicator including an audible signal recitation of numbers 1 through 7 ~~are recited~~ sequentially within the period having the center

frequency of approximately 11.76 seconds 5.9 second interval, 1 to 7 denoting the inhalation phases and 7 to 1 denoting the exhalation phases.

9. (Currently Amended) The ~~specific~~ method of claim ~~[[2]] 1~~ wherein generating a human perceptible indication comprises generating an audible indicator by generating an audible signal including musical cues and incorporating the musical cues into musical scores at approximately [[5.9]] 5.88 second intervals for purposes of synchronizing to identify the changes of the inhalation and exhalation phases of the breathing cycle.

10. (Currently Amended) The ~~specific~~ method of claim ~~[[1a]] 1~~ wherein generating a human perceptible indication comprises generating an audible indicator by generating an audible signal including audible cues which are incorporated into a mantra repetition for purposes of synchronizing the breathing cycle.

11. (Currently Amended) The ~~[[broad]]~~ method of claim 1 wherein generating a human perceptible indication comprises generating an audible indicator by generating the at least one of the audible indicator [[or]] and the visual [[cues]] indicator are employed in group settings to achieve breathing synchronization and consequent group synchronization of the heart rate variability cycle.

12. (Currently Amended) The ~~[[broad]]~~ method of claim 1 wherein generating a human perceptible indication comprises generating the at least one of an audible [[or]] and a visual [[cues]] indicator are employed in "wide area" group settings including local, regional, national, and global internet, television, or radio broadcasts for purposes of synchronizing the breathing cycle and the consequent group synchronization of the heart rate variability cycle.

13. (Cancelled)

14. (Currently Amended) The ~~specific~~ method of claim ~~[[1b]] 1~~ wherein generating a human perceptible indication comprises generating a vertically oriented 13 segment visual indicator is employed to communicate identify the inhalation phases and the exhalation phases of the

breathing ~~[[phase]]~~ cycle, the changes of ~~[[phase]]~~ the inhalation and exhalation phases, the progression of the breathing cycle inhalation and exhalation phases in time, and progression of the ~~[[phase]]~~ inhalation phases and the exhalation phases relative to the internal perception of the practitioner period having the center frequency of approximately 11.76 seconds.

15. (Currently Amended) The ~~specific~~ method of claim ~~[[1b]]~~ 1 wherein generating a human perceptible indication comprises generating a visual indicator including a circular 7 sector visual indicator to ~~communicate~~ identify the inhalation phases and the exhalation phases of the breathing ~~[[phase]]~~ cycle, the changes of ~~the~~ ~~[[phase]]~~ inhalation and exhalation phases, the progression of the breathing cycle inhalation and exhalation phases in time, and the progression of the ~~[[phase]]~~ inhalation phases and the exhalation phases relative to the internal perception of the practitioner period having the center frequency of approximately 11.76 seconds.

16. (Currently Amended) The ~~specific~~ method of claim ~~[[1b]]~~ 1 wherein generating a human perceptible indication comprises generating a visual indicator including a 14 stage vertically oriented elliptical indicator ~~is employed to communicate~~ identify the inhalation phases and the exhalation phases of the breathing ~~[[phase]]~~ cycle, the changes of ~~the~~ ~~[[phase]]~~ inhalation and exhalation phases, the progression of the breathing cycle inhalation and exhalation phases in time, and the progression of the ~~[[phase]]~~ inhalation phases and the exhalation phases relative to the internal perception of the practitioner period having the center frequency of approximately 11.76 seconds.

17. (Currently Amended) The ~~specific~~ method of claim 1 wherein ~~[[the]]~~ generating a human perceptible indication comprises an audible indicator and a visual indicator including indications of number numbers 1 through 7 is employed consistently between both audible and visual representations of the external timing reference sequentially within the period having the center frequency of approximately 11.76 seconds, 1 to 7 denoting the inhalation phases and 7 to 1 denoting the exhalation phases.

18. (Currently Amended) The ~~specific~~ method of claim ~~[[1b]]~~ 1 wherein generating a human perceptible indication comprises generating a visual indicator including a plurality of ~~[[all]]~~

visual indicators ~~representing oriented around the number~~ numbers 1 through 7 employ the ~~consistent color coding convention of where~~ 1 equals red, 2 equals orange, 3 equals yellow, 4 equals green, 5 equals cyan, 6 equals indigo, and 7 equals purple.

19. (Currently Amended) The ~~specific~~ method of claim 1 wherein generating a human perceptible indication comprises generating an audible indicator including a frequency modulated tone and a recitation of numbers 1 through 7 and wherein instructing the human to align the breathing cycle with the audible indicator includes instructing the human so that inhalation occurs coincident with increasing frequency of the frequency modulated tone and increasing number and exhalation occurs coincident with decreasing frequency of the frequency modulated tone and decreasing number.

20. (Currently Amended) The ~~specific~~ method of claim ~~[[2]]~~ 1 wherein generating a human perceptible indication comprises generating an audible indicator by post processing at least one existing musical recording recordings are post processed to shorten or lengthen [[the]] a musical tempo associated with the at least one existing musical recording to accommodate the basic interval of 5.9 period having the center frequency of approximately 11.76 seconds and the insertion of musical breathing cues the audible indicator approximately every [[5.9]] 5.88 seconds.